

Good Practice Courses

One of the objectives of the Trafford Sports Council is to assist the Coaches in Trafford to up-grade their skills as a coach. By up-dating or adding to their coaching skills the Coach benefits not only themselves as a coach but their club as well. Administrators, assistants and helpers can also add to their skills by taking these courses. Some of the courses are necessary for the Club to obtain either their NGB Kyte mark or the Trafford Club Mark.

In order to achieve this objective a series of TSpC subsidised courses are run every year. Courses run from 6.30pm to 9.30pm on a weekday at the George Carnall Leisure Centre, Kingsway Park, Off Lostock Road, Davyhulme and cost between £20 and £35 per course. Information on these courses is circulated to clubs on the TSpC mailing list and on their website <http://www.traffordsportscouncil.org.uk> it is also circulated by Trafford Sports to all Clubs via the web site, E.mail and mail shot. If you are interested in any of the following courses then please complete the information form at the end and return it to Gillian.prideaux@ntlworld.com

Safeguarding and Protecting Children

The Safeguarding and Protecting Children course is designed for everyone who works with children. Through sport children can develop confidence and self-esteem as well as proficiency in their chosen activity. Both Coaches and helpers have a responsibility to see to it that these children are able to enjoy and progress within a safe environment where they feel secure and able to make informed choices in order to reach their full potential.

This course will introduce the concept of *Good Coaching Practice*. Enabling Coaches and helpers to identify aspects of good practice that they already adopt in their work and introduce other issues which have not occurred to them before, issues which may need to be addressed when coaching children in the future.

The course is run in a relaxed atmosphere by a fully qualified and experienced member of Sports coach UK in conjunction with the NSPCC.

Reflecting on Practice

This workshop is a follow-up to Safeguarding and Protecting Children. Qualified coaches, helpers and organisers should attend a Safeguarding training every 3 years. Instead of refreshing by attending the same workshop again; attendees can consolidate their learning from the first workshop and get up to date. This workshop has been developed in response to an identified need for a greater understanding in the Safeguarding sector.

Safeguarding and Protecting Children (16 – 18)

Designed specifically for 16 – 18 year olds this new course has been developed to provide an age-appropriate safeguarding workshop for young Coaches, assistants and helpers. Attending this course young Coaches will receive a more appropriate training experience tailored to the needs of their age group and potential additional vulnerability as legal minors themselves. The core of the course is taken from the original 'Safeguarding and Protecting Children' workshop but the activities have been adapted and developed for the 16 to 18 year old age group.

Equity in your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. A Coach has an important role to play in ensuring this happens. This workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants. The course will help the coach by explaining what equity means and why it is important, to identify barriers to participation and the use of appropriate language and terminology. How to identify and challenge inequitable behaviour and interpret the legal framework that affects coaching. Identify how a Coach can become more equitable and establish where to go for further information.

Coaching Disabled People in Sport

This two hour course will help you to develop your own coaching knowledge and skills to coach disabled players through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your player's needs.

It will explain when integration and segregation might be most appropriate. How to identify appropriate safety and medical considerations. Show where to review and extend your knowledge of how to adapt your coaching to the specific needs of disabled performers. Design and monitor a programme for a disabled player taking part in their sport and where to direct players to appropriate structures for competition and further coaching.

Club for All

This course outlines how your club can reach all sections of the community, including young people, older people, those on low incomes, disabled people and people from ethnic minorities.

- A wider membership base – meaning more players, coaches, officials and increased revenue
- Improved eligibility for Lottery funding.
- The involvement and support of the local community.

At the end of this workshop you will be able to:

- Assess how open your club is to members at the moment
- Decide what else you could do to make your club more accessible to more people.

This workshop is part of the essential criteria for gaining Trafford mark Accreditation.

First Aid Course

Accidents can happen anywhere, anytime – a First Aid course will enable you to deal with situations, minor or serious, that could arise both within the Club or outside sport-time. It will give you the ability to help a casualty or to preserve life and limit the effects of the accident whilst waiting for professional help to arrive. The cost of the course includes a reference book and a certificate.

This one day course is a First Aid management course which complies with the health and safety regulations act 1981.

This course is aimed specifically at Sports personnel, its purpose is to learn how to:

1. Preserve life
2. Limit the effects of the condition
3. Promote recovery
4. Take action at an emergency by
 - a) Assessing the situation
 - b) Making the area safe
 - c) Assessing all casualties
 - d) Give emergency aid
 - e) Send for help

Sport England small grants programme

If you have identified a project that requires financing, you could tap into anything from £300 to £10,000 of the £7 million grants Sport England makes available through this programme. Attending this workshop will ensure your club has the best possible chance of making a successful application. You benefit from getting an insider's grasp of the programme, including a step-by-step guide to a successful application plus you will be given the opportunity to discuss specific aspects of your application.

Coaching and the Law

Sport is played in a world with an increasing tendency for litigation under a media spotlight brighter than ever before. A specially trained tutor delivers this comprehensive workshop and addresses the legal aspect of Coaching in a non-alarmist way providing a wealth of practical experience.

This workshop will help you, the Coach to:

- Explain the legal issues surrounding coaching practice
- Identify the potential sources of liability surrounding coaching practice
- Describe the elements of negligence
- Undertake a risk assessment
- Identify types of risk to your players.

Coaching the whole Child

This workshop is designed to help coaches understand how their coaching fits into a much wider agenda than just sport. It will give them new tools to incorporate positive youth development into their sessions as a specific coaching outcome and not just as a consequence. The workshop will also give coaches the opportunity to share their own good practice with others and pick up new ideas for their own coaching practice.

Coaching Children and Young People

This is a professional development workshop for Coaches who regularly teach Children and Young People. The workshop will enable you to plan and deliver engaging sessions that will maximise young participants' learning and enjoyment and much more. In addition you will learn everything you need to know about children's physical growth, social and emotional development and early skill learning. Also discover plenty of useful, best-practice ways to adapt your coaching style to individuals' needs at every stage of their development. This workshop includes a practical support resource.

Positive Behaviour Management in Sport

Every group develops different dynamics and every participant is a unique individual making managing behaviour a challenging hands-on part of a coach's job. This workshop equips anyone who deals with young people in a sporting environment with the knowledge needed to understand why unwanted behaviour occurs and the strategies needed to deal with it when it does occur

The Trafford Sports Council can arrange for courses to be held for Sports Clubs at either their premises or premises organised by Trafford Sports Council. Club attendances need to be at least 20 to make the course financially viable as these courses are expensive. Please contact Gill Prideaux on 0161 718 1849 anytime before 7pm or by email on Gillian.prideaux@ntlworld.com

Trafford Sports Council are in the process of organising various courses and events for 2012. If you are interested in receiving details on courses please return the following information request form to : Mrs. G. Prideaux, 121 Canterbury Road, Davyhulme, Manchester M41 0PT or by email to gillian.prideaux@ntlworld.com

INFORMATION REQUEST FORM

Sport: _____

Club Name: _____

Club Contact: _____

Contact Address _____

Contact Tel No: _____ -

Email _____

I would be interested in the following:

Becoming a member of Trafford Sports Council, please add me to your mailing list (no charge) Yes/No

Safeguarding and Protecting children Yes/No

Reflecting on Practice (Safeguarding Children 2) Yes/No

Safeguarding and Protecting Children 16 – 18 Yes/No

Criminal Record Bureau – Workshop Yes/No

Full day Health and Safety Executive First Aid course Yes/No

Sport England small grants Programme Yes/No

Equity Course Yes/No

Working with Disabled Sportspeople Yes/No

Club for all Yes/No

Coaching the Whole Child Yes/No

Coaching Children and Young People Yes/No

Coaching and the law Yes/No

Positive behaviour management in Sport Yes/No